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### Correction to 'Overcoming Overeating' workshop set for Oct. 16

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# The University of Montana

## NEWS RELEASE

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Missoula, MT 59812  
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This release is available electronically on INN (News Net).

Oct. 12, 1993

■ **CORRECTION --** The Oct. 7 news release about an upcoming "Overcoming Overeating" workshop by Carol Munter stated the wrong date for the event. The workshop will be held Saturday, Oct. 16. Below is the corrected copy of the release.

### **'OVERCOMING OVEREATING' WORKSHOP SET FOR OCT. 16**

#### **MISSOULA --**

Dieters, health professionals and others interested in how to break the yo-yo cycle of dieting and weight gains are invited to attend an Oct. 16 workshop in Missoula by nationally known psychotherapist and author Carol Munter.

The full-day workshop, "Overcoming Overeating," is scheduled from 9 a.m. to 4:30 p.m. Saturday in the Village Red Lion Inn. The registration fee is \$99, and continuing professional education credits are available for nurses, dietitians and counselors. To register or for more information call 543-7271, ext. 2400.

The session is sponsored by the University of Montana Wellness Center, St. Patrick Hospital, Community Medical Center, Western Montana Clinic, Blue Mountain Clinic and the Montana Dietetic Association.

Munter, a psychotherapist who specializes in the treatment of compulsive eating problems, is a frequent guest on national radio and television programs. She founded the "Overcoming Overeating" self-help group in 1970. Her central contention, that diets don't work for most people,

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was advanced in the 1988 book "Overcoming Overeating," co-written with fellow psychotherapist Jane Hirschmann.

Her daylong workshop will be broken into four sections: Rethinking the Problem, an examination of the diet/binge/self-contempt cycle and cultural attitudes; Self-acceptance in Action, discussing methods for removing taboos and external controls on eating; The Rationale for Demand Feeding, exploring the difference between physiological hunger and psychological hunger; and Breaking the Addictive Cycle, a how-to guide for adopting a new approach to compulsive eating in both personal and professional life.

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**News directors, editors, reporters:** The media are invited to attend the workshop free of charge, but are asked not to film or photograph workshop participants except from the back. Munter may be filmed or photographed during the workshop and during breaks. To arrange an interview with Munter, call Shirley Schneider or Kris Lynch at Community Medical Center, 728-4100, ext. 5480.

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